Prevent Strains and Sprains Restaurant Safety Infographic

Kitchen Safety



Provide training on safe lifting techniques.

Use hand trucks and carts whenever possible. Push carts, instead of pulling, to reduce

stress.



or bending.



Use mechanical equipment when possible to perform repetitive tasks.

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distracted, stressed, or overly tired can be unsafe, too.

Rotate tasks to avoid repetitive motion injuries.

Provide anti-fatigue mats when prolonged standing is required.

Source: https://www.saif.com